

# Mountaineer

Vol. 65, No. 22

Published in the interest of Division West, First Army and Fort Carson community  
Visit the Fort Carson Web site at [www.carson.army.mil](http://www.carson.army.mil)

June 1, 2007

## GWOT memorial honors fallen Soldiers

Story and photos by  
**Michael J. Pach**

*Mountaineer staff*

A memorial ceremony was held May 24 in Kit Carson Park outside Gate 1 to pay tribute to Soldiers who lost their lives in the Global War on Terrorism.

Family members, friends and guests gathered around the Colorado flagstone slabs that make up the memorial on which the names of 220 Fort Carson Soldiers are engraved. The names of 30 Soldiers who lost their lives in the fight against terrorism between May 2006 and

April 2007 were added earlier in the week in preparation for the ceremony.

After an opening prayer by Chap. (Col.) Richard Goellen and the singing of the national anthem by Harmony in Motion, Maj. Gen. Robert W. Mixon Jr., commanding general, Division West, First Army and Fort Carson, addressed the crowd.

“(We cannot) lift the weight of loss and the ache of sorrow from the families of these heroes,” said Mixon. “And to these families today, I say, ‘God bless you all.’ I want you to know that we love you, we grieve with you, we are humbled by your sacrifice and our hearts are broken, too.”

“These 220 Soldiers raised their right hand and volunteered to go to a place that many of us only know of what we see on the evening news or read in the morning papers. They volunteered to go where the mission took them — to stamp out terrorism and inhumane atrocities — a mission that still continues today. They understood that tyranny must be met with resolve and that liberty is always the achievement of courage.

“We learn from history, from our mistakes and from our victories because we don’t want to lose the precious ground bought with the blood of those we honor today. And if we should ever falter, we need only



*Staff Sgt. Roberto Ayala, Company B, 1st Combat Arms Battalion, 8th Infantry Division, 3rd Brigade Combat Team, 4th Infantry Division, pays homage to a lost friend at the Global War on Terrorism memorial.*

remember the selfless sacrifice of these 220 Soldiers whose names are forever etched in stone; forever a part of the Mountain Post family and this great state of Colorado; forever a part of our history; forever a part of the fabric that we call home—the fabric of America.

“Our Soldiers march on, carrying the banner of freedom, on behalf of these 220 heroes that we are privileged to honor today. These men suffered all, sacrificed all, dared all and died. It is our duty and it is our commitment to the memory of these Soldiers that we never let their legacy fade.”

After his remarks, Mixon joined

Command Sgt. Major Terrance McWilliams, Division West, First Army and Fort Carson, in placing a wreath in front of the memorial’s main stone.

Pipe Major Shelley Wheelon of the Pikes Peak Highlanders then played “Amazing Grace” on the bagpipes, followed by a roll call during which a Soldier representing each of the fallen heroes individually saluted in front of the wreath.

The ceremony closed with the playing of taps, a prayer by Goellen and the singing of “God Bless America.”

Family members were given roses and placed them at the bottom of the stones containing their Soldier’s name.



*Pikes Peak Highlanders Pipe Major Shelley Wheelon plays “Amazing Grace” during the Global War on Terrorism memorial ceremony.*

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#### MUST SEE



**Fishin’ and hopin’.**

See Page 11.

**Word of the month: Family**

**The following names were added to the Global War on Terrorism memorial. These Soldiers lost their lives in the fight against terrorism between May 2006 and April 2007.**

**Sgt. Luis R. Reyes, 947 Engineering Co.**

**Pfc. Grant A. Dampier, 3rd Brigade Combat Team, 4th Infantry Division**

**Staff Sgt. Marlon Flint Jr., 3rd BCT, 4th ID**

**Cpl. Brock L. Bucklin, 3rd BCT, 4th ID**

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**Pfc. Nathan J. Frigo, 3rd BCT, 4th ID**

**Staff Sgt. Ryan E. Haupt, 3rd BCT, 4th ID**

**Sgt. Norman R. Taylor III, 3rd BCT, 4th ID**

**Sgt. Kenneth E. Bostic, 43rd Area Support Group**

**Lt. Col. Eric J. Kruger, 2nd BCT, 2nd ID**

**Pfc. Albert M. Nelson, 2nd BCT, 2nd ID**

**Pfc. Roger A. Suarez-Gonzalez, 2nd BCT, 2nd ID**

**Sgt. Yevgeniy Ryndych, 2nd BCT, 2nd ID**

**Spc. Elias Elias, 2nd BCT, 2nd ID**

**Staff Sgt. Jae Sik Moon, 2nd BCT, 2nd ID**

**Pfc. Clinton T. McCormick, 2nd BCT, 2nd ID**

**Sgt. John M. Sullivan, 2nd BCT, 2nd ID**

**Pfc. Ming Sun, 2nd BCT, 2nd ID**

**Spc. Collin R. Schockmel, 2nd BCT, 2nd ID**

**Pfc. Allen B. Jaynes, 2nd BCT, 2nd ID**

**Spc. Michael C. Balsley, 2nd BCT, 2nd ID**

**Sgt. Alexander H. Fuller, 2nd BCT, 2nd ID**

**Spc. Travis W. Buford, 2nd BCT, 2nd ID**

**Staff Sgt. Joshua R. Hager, 2nd BCT, 2nd ID**

**Spc. Rowan D. Walter, 2nd BCT, 2nd ID**

**Sgt. Robert M. Carr, 2nd BCT, 2nd ID**



Stay safe when riding bicycles

by Capt. Joseph Boroi  
U.S. Army Garrison Fort Carson

Fort Carson can be a fun and safe place to ride a bicycle, but cyclists have to be aware of vehicle safety when riding on the roads. With the summer holidays coming up, parents need to make sure their children know the rules of the road and motor vehicle drivers need to be extra alert.

The U.S. Bureau of Transportation reports that after the automobile, bicycling is the second most preferred form of transportation with about one third of Americans using a bicycle at least once a month. Here in the Colorado Springs area there are many miles of mountain bike trails that include the 35-mile stretch of the Pikes Peak Greenway that follows Fountain Creek through the city. There are also many city streets and highways used for road biking.

A U.S. Centers for Disease Control and Prevention report indicates there are about 800 bicycling deaths each year. The report suggests that, like vehicle operators, cyclists must follow the “rules of the road” along with other laws and guidelines to remain safe.

People bicycle for a variety of

reasons — as a family activity, physical fitness, lifelong leisure pursuit, work commute, competitions or just for the sheer excitement. Whatever the reason, cyclists must use composite risk management and take the appropriate steps necessary to protect themselves and their families from injuries and death, said Lt. Col. Bill Dawson, an avid cyclist and director of operations at the U.S. Army Combat Readiness Center.

There are several situations that invite the possibility of problems for cyclists. More than half a million cyclists are injured each year as a result of incidents such as riding against the flow of traffic, on sidewalks, along driveways and close to parked vehicles, according to the National Federal Highway Administration. There are also cyclists who don’t obey traffic control at intersections.

In 2006, the Army recorded six injuries due to cyclists losing control of their bicycles while negotiating sudden obstacles such as rough terrain, pedestrians and canines.

“Some of these accidents may have been prevented with prior planning,” Dawson said. “A reconnaissance check of a particular route can reveal possible

obstacles so cyclists know what to avoid. Since accidents can still happen, it’s always best to ride in pairs or groups. And always wear protective gear, especially a helmet.”

Cyclists should also remember to have a plan before they ride, picking areas to rest and hydrate, said Dawson. The cyclist also suggests riding along roads with shade, wide shoulders and less traffic.

Statistics show that not all people who ride bicycles take such precautions. The CDC reported that more than 95 percent of cyclists killed each year were not wearing helmets. Despite the fact that nearly 70 percent of all fatal bicycle crashes involve head injuries, according to the NHTSA, only about 20 to 25 percent of all cyclists wear bicycle helmets. Wearing protective headgear is required on Fort Carson.

The CDC suggests that cyclists could prevent an estimated 150 deaths and 100,000 nonfatal head injuries each year if all of them wore helmets. Bicycle helmets are known to reduce the risk of serious head injury by as much as 85 percent. They also reduce the risk of brain injury by as much as 88 percent.

Unfortunately, only 25 percent of children ages 5 to 14 wear helmets when riding bicycles. The percentage of teenage cyclists who wear helmets is close to zero, according to the CDC. This, along with the lack of experience, can spell tragedy for children, who are more likely to ride through intersections without stopping at posted signs or ride past driveways without looking for traffic, according to NFHA.

“Parents must emphasize the importance of wearing the proper safety equipment to their children even if it is uncomfortable or not cool,” said Sgt. Jonathan Griffin, non-commissioned officer-in-charge of community police at Fort Rucker.

Community police like Griffin ensure cyclists on the installation follow post regulations such as wearing a helmet, using reflectors and using headlights at night. The community police also instruct children at local schools and social events on the proper use of bicycles and bicycle equipment while offering to register their bikes with the Installation Bike Registry for protection against theft.

For information on bicycle safety, visit <http://www.bicyclinginfo.org/>.

THINK weapons safety

by Peggy Adams  
Ground Task Force, U.S. Army Combat Readiness Center

To fight the negligent weapons discharge problems the Army is currently experiencing, Soldiers must change the way they think about and handle weapons. Both leaders and individual Soldiers have a responsibility to set the example for others and make on-the-spot corrections. Drill home that your Soldiers must THINK weapons safety.

- Treat every weapon as if it’s loaded.
- Handle every weapon with care.
- Identify the target before you fire.
- Never point the muzzle at anything you don’t intend to shoot.
- Keep the weapon on safe and your finger off the trigger until you intend to fire.

In many negligent discharges, it’s clear the basic fundamentals of weapons handling were ignored. Based on information reported to the U.S. Army Combat Readiness Center, the most prevalent mistakes that lead to negligent discharges are horseplay, improper clearing procedures,

incorrect weapon status, failure to keep the weapon on safe and finger off the trigger when there’s no intent to fire and lack of muzzle awareness. These mistakes are a result of indiscipline, overconfidence and complacency.

In fiscal 2006, six negligent discharge fatalities were reported in the Army. As of March 1, there already have been four fatalities — and we aren’t even halfway through the year. Three of the four fatalities this fiscal year involved alcohol and privately owned weapons, and all occurred with what the Soldier believed was an unloaded weapon. Two Soldiers intentionally pointed a weapon at their own head and pulled the trigger. Here’s a quick look:

In October 2006, a Soldier was showing his privately owned weapon to a friend. He removed the magazine but didn’t clear the weapon, which discharged a round into his head. The Soldier had been drinking alcohol.

In January 2007, a Soldier had been drinking alcohol with a friend in the barracks. The friend warned the Soldier to stop playing with the weapon and not point it at himself. The Soldier

told his friend not to worry because the weapon wasn’t loaded. The Soldier then charged the weapon, pointed it at his head and squeezed the trigger, discharging the weapon.

On the same day as the incident above, another Soldier — who also was consuming alcohol was — cleaning his POW in preparation for a hunting trip with a friend. He pulled back the slide, showed it to the friend and they pronounced the weapon “clear.” The Soldier then released the slide, placed the weapon to the side of his head and pulled the trigger, discharging one round into his brain. He was a sergeant.

In the most recent incident, two Soldiers were cleaning their M-4 rifles in their living area when one of the weapons discharged, killing one of the Soldiers.

All these incidents were preventable. Leaders must enforce the standards for weapons safety so we can keep our Soldiers in the fight. How’s your unit doing in this area and what tactics, techniques and procedures do you have in place to prevent negligent discharges? Let us know; we’d love to hear from you!

MOUNTAINEER

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This commercial enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of the *Mountaineer* are not necessarily the official view of, or endorsed by, the U.S. Government or the Department of the Army. Printed circulation is 12,000 copies.

The editorial content of the *Mountaineer* is the responsibility of the Public Affairs Office, Fort Carson, CO 80913-5119, Tel.: (719) 526-4144. The e-mail address is [carsmountaineereditor@conus.army.mil](mailto:carsmountaineereditor@conus.army.mil).

The *Mountaineer* is posted on the Internet at <http://public.carson.Army.mil/sites/PAO/mountaineer/archives/forms>.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. The *Mountaineer* is printed by Colorado Springs Military Newspaper Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson. It

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The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, building 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated. The deadline for submissions to the *Mountaineer* is close of business the week before the next issue is published. The *Mountaineer* staff reserves the right to edit submissions for newspaper style, clarity and typographical errors.

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# NEWS

## U.S. medics train Iraqi in skills, trust

by 2nd Lt. Ryan Wood

*2nd Battalion,  
16th Infantry Regiment*

### FORWARD OPERATING BASE RUSTAMIYAH, Iraq —

There is more to the fight for Iraq than just bullets and bombs. There is a much smaller fight being waged which could be the most important aspect of this conflict: the fight for understanding and trust.

The medics of 2nd Battalion, 16th Infantry Regiment, 2nd Brigade Combat Team, 2nd Infantry Division, took up the challenge and gave a day of combat medic training to 12 members of the 1st Battalion, 4th Brigade, 1st Iraqi National Police Division.

While medical training for Iraqi forces is ongoing throughout the country, the chance to train on a forward operating base using the equipment and expertise of a clinic staff is relatively rare. For most of the Iraqi policemen in attendance, this was their first time on an American forward operating base.

Sgt. 1st Class Thomas Hall, a 2-16th medical platoon sergeant and Spc. David Corey, a medic with that battalion, conducted the training with assistance from interpreters and the 1-4-1st's National Police Transition Team. Skills learned included wound care, fractures, sucking chest wounds and basic patient assessment.

According to Corey, the Iraqis seemed apprehensive and quiet when they first arrived on the FOB, but opened up as the training progressed.

"I think when they saw we were willing to put that much work and effort into making them better that the trust started to grow," Corey said.

"The (Iraqi national police) battalion only has two medics right now," said Capt. Woodrow Pengally, operations officer for the 1-4-1st NPTT. "By getting skills down the chain, the individual soldiers can do much more en route to assist the medics."

More than just learning new

See **Medics** on Page 4



Photo by Spc. David Corey

2nd Lt. Ryan Wood, a medical officer with 2nd Battalion, 16th Infantry Regiment, 2nd Brigade Combat Team, 2nd Infantry Division, receives treatment from members of the 1st Battalion, 4th Brigade, 1st Iraqi National Police Division, during a day of medical training. The policemen treated and dressed fake wounds while learning how to work as a team.



## Medics

From Page 3

skills, the Iraqi national police enjoyed being able to work alongside their U.S. medic counterparts to improve their skills, Pengally said.

The training began with patient evaluation and then moved through basic wound care, splinting, tourniquets and sucking chest wounds. As the training progressed, the Iraqis became more and more animated and involved, asking questions and requesting affirmation of all of the skills they were being taught.

Master Sgt. Donald Marshal II, the medical noncommissioned officer-in-charge with the 1-4-1st NPTT, saw the training as a big first step in bringing the unit closer to combat independence.

"Now they need to teach it and train it down to the regular soldiers back in their units," Marshal said. "This allows them to come up with the diagnosis instead of relying on me."

The training was capped off with two U.S. Soldiers being dressed with

fake blood and wounds, then treated by the national police. Working as a team, the policemen approached their assigned patient and evaluated and treated the wounds under the watchful eyes of their trainers.

"It was like night and day with these guys," said Corey. "They worked together, treated the wounds and really showed they had paid attention. It was great."

The day ended with each participant receiving a certificate of achievement and a small first aid kit. A translator told the instructors that medical supplies, even small, simple dressings, were very hard to come by and the gift was much appreciated.

With smiles and waves, the Iraqi national policemen left the class a different group. Friendships had been forged and a better understanding and trust had been fostered between the two groups.

"The national police hold the U.S. military in very high regard," said Pengally. "Giving them a chance to work with us on an equal footing is a moment of pride."



photo by Maj. Sean Ryan

## Making progress in Iraq

*Brig. Gen. Vincent K. Brooks, right, Multi-National Division — Baghdad's deputy commanding general for support, and Ambassador Daniel Speckhard, left, deputy chief of mission, U.S. Embassy Baghdad, discuss progress of revitalization projects on Baghdad's Abu Nuwas Street with Lt. Col. Dean Dunham, deputy commander of the 2nd Infantry Brigade Combat Team, 2nd Infantry Division, Saturday. The three were viewing the revitalization projects in the historic district and speaking with local owners on how to better facilitate the progress.*



# MILITARY

## Strikers can see for MILES and miles

**Story and photo by Spc. Paul J. Harris**

*3rd Brigade Combat Team,  
4th Infantry Division Public Affairs Office*

**FORT IRWIN, Calif.** — “Without using bullets, it is the closet thing we can get to realistic training,” said Lynn Brooks, supervisor, Raytheon Technical Services, about the Multiple Integrated Laser

Engagement System he and his crew were installing on the vehicles of the 3rd Brigade Combat Team, 4th Infantry Division, at the National Training Center at Fort Irwin, Calif.

MILES is a laser targeting and tracking system similar to Laser Tag, the children’s toy. Vehicles and Soldiers wear sensors and Soldiers fire invisible infrared signals from their weapons. When a hit is registered, an alarm or flashing light goes off to signify that vehicle or individual is disabled or killed. Brooks and his crew will fit roughly 1,200 vehicles with MILES gear for the Striker Brigade before they head into “The Box,” a nickname for the training area in the NTC.

For most of the Striker Brigade’s Soldiers, returning to the NTC is like visiting the dreaded in-laws but Staff Sgt. Ronald Nash, infantryman, Company B, 1st Combined Arms Battalion, 8th Infantry Regiment, 3rd BCT, 4th ID, describes it as a necessary evil, especially for his new Soldiers.

“It needs to be harder (than at Fort Carson); it needs to be more stress,” said Nash. “What the Soldiers do out here and how they perform is how they are going to perform in Iraq. So it is important that we are tough on them out here so when

we do go to Iraq they are more prepared for what is going to happen out there.”

For 2nd Lt. Ken Marckesano, platoon leader, Company C, 1-8th CAB, freshly out of The United States Military Academy at West Point, MILES gear is just the first step in getting his new platoon ready for the box.

“(It is my) first time out doing operations for an extended amount of time with my guys and seeing how we operate as unit,” Marckesano said. “(I am) worried about dehydration, making sure guys have enough water and (preventing) sunburn.”

At West Point, Marckesano said the focus was more on infantry tactics and with the MILES gear, it will give him the opportunity to train in his M-1 Abrams tank and sharpen his maneuver skills.

The MILES gear fits seamlessly onto the vehicles. Little adjustments, if any, are made by the Soldier operating the vehicle.

“It is the personal MILES gear that is the pain,” Nash said. “You have it on your Kevlar and around your IBAS.” The Interceptor Body Armor System is the protective outerwear, weighing upward of 50 pounds, a Soldier wears before entering a combat environment. Adding more gear, combined with the intense heat at the NTC, can grind on a Soldier’s nerves. That being said, Nash remains upbeat.

“(MILES) is good training because it gets us ready to deploy to Iraq.”



*Helping civilians from Raytheon Technical Services get his Bradley Fighting Vehicle fitted with the Multiple Integrated Laser Engagement System at Fort Irwin, Calif., is Cpl. Andrew Pyldes, Bradley Fighting Vehicle machine gunner, Company B, 1st Combined Arms Battalion, 8th Infantry Regiment, 3rd Brigade Combat Team, 4th Infantry Division.*



# Soldiers overcome heat to cook



*Spc. Jordan Braga, food preparation specialist, Troop D, 2nd Squadron, 9th Cavalry, 3rd Brigade Combat Team, 4th Infantry Division, puts steaks on the grill in preparation for the evening meal at the National Training Center at Fort Irwin, Calif.*

## Story and photos by Spc. Paul J. Harris

*3rd Brigade Combat Team,  
4th Infantry Division Public Affairs*

**FORT IRWIN, Calif.** — It is 100 degrees. This is not Dante's Inferno but as close to it as you are going to get, for this is the National Training Center at Fort Irwin, Calif. The cooks from 3rd Brigade Combat Team, 4th Infantry Division not only have to battle the harsh elements here they have to try to cook in it as well.

"Our main mission is to provide a nutritious meal for the Soldiers. My goal out there in 'The Box' is to get everybody fed," said Staff Sgt. Christopher Blackwell, senior food operations sergeant, Troop D, 2nd Squadron, 9th Cavalry, 3rd BCT, 4th ID.

Each of the six battalion's cooking units is required to feed roughly 1,000 Soldiers and civilian contractors twice a day. That about 8,000-9,000 pounds of food per day.

"Let's look at it in the price of dollars instead of the pounds of food," said Chief Warrant Officer Donald Urie, brigade food advisor, 3rd BCT, 4th ID. "In the 30 days that we are out here, we will have gone through about \$2.4 million worth of food. It is a logistical problem to work out each day."

For Blackwell, this training exercise is a sort of homecoming. He was part of the Command Security Detachment for the Striker Brigade during its latest deployment to Iraq. He did not pick up a spatula until returning to the Mountain Post last fall.

"One of the biggest challenges for us out here at NTC," Blackwell said, "is in addition to preparing these 2,000 meals, we are having to get our trucks and put (Multiple Integrated Laser Engagement System) on, just (like) the other guys are doing, but in addition to that we have 24 hour operations going on."

MILES is similar to the children's toy, Laser Tag, and instead of using bullets, MILES uses harmless lasers to register damage or a "kill." Soldiers wear bulky sensors on their body, helmets and vehicles. When "hit" by the enemy, a flashing light or high pitched siren goes off.

For many of the cooks, this is not their first time to the high desert area. Many are finding themselves in the role as teacher, explaining to the newer Soldiers how to survive in "The Box," the nickname given to the actual combat training area at the NTC.

Spc. Jordan Braga, food preparation specialist, Troop D, 2nd Squadron, 9th



# Military briefs

## Miscellaneous

**The Military Officers Association of America** — is holding their June meeting Thursday at 7 a.m. at the Officers' Club on Peterson Air Force Base. Representatives from TriWest Healthcare will give a presentation. Breakfast will be served and costs \$8.50 for the full meal and \$3.50 for the continental breakfast.

**\$500 Reward** — The U.S. Army Criminal Investigation Detachment is offering a \$500 reward for information leading to the apprehension and conviction of the person(s) responsible for the damage to U.S. Government property and fires in motor pool building 1882 on May 2. If you have information about this or any crime, contact CID at 526-3991 or the Military Police desk at 526-2333. The \$500 reward offer expires May 11, 2008.

**Welcome Home Warrior** — presents a counseling workshop for combat veterans and their families Saturday from 8:30 a.m.-noon at the Eagle Fire Lodge in Woodland Park. For more information contact Donna Finicle at 439-3621.

**The 232nd Army Birthday Ball** — will be held June 16 at 5:30 p.m. at the Sheraton Hotel on Circle Drive. Tickets are \$35 for on-post personnel and \$45 for off-post personnel. The guest speaker is Gen. Kevin P. Chilton, commander, Air Force Space Command and 2,400 sponsorship opportunities are available. For more information or to purchase tickets, contact your unit point-of-contact or call Information, Tickets and Registration at 526-5366.

**Harmony in Motion** — is holding auditions for basses, tenors and sopranos. Any Soldiers interested can contact Sgt. Scott Dickson at 524-3618, 338-2340 or [scott.d.dickson@conus.army.mil](mailto:scott.d.dickson@conus.army.mil).

**The Wounded Soldier and Family Hotline** — accepts calls from 5 a.m.-5 p.m. Monday-Friday at (800) 984-8523. The call center offers wounded and injured Soldiers and family members a way to seek help to resolve medical issues and provides an information channel to senior Army leadership to improve the way the Army serves the medical needs of Soldiers and their families.

**McNair Kaserne Reunion** — The first annual reunion for veterans, family and friends of the 32nd Signal Battalion that served at McNair Kaserne, Hoechst, Germany, will be held June 15-17 at the Holiday Inn at the Plaza in Kansas City, Mo. For more information contact Rhonda Gunn at [rhondag0464@yahoo.com](mailto:rhondag0464@yahoo.com) or (847) 458-8346 or Doug Otoupal at [doug@otoupal.org](mailto:doug@otoupal.org) or (432) 426-2644.

**Single Soldiers requesting basic allowance for housing** — to live off post must first submit a memo to the Unaccompanied Personnel Housing Office, building 7301, room 114, for an exception to policy to draw BAH at the without- dependent rate. Soldiers should not obtain a lease until approval is given. Contact Judy Barstad at [judy.barstad@conus.army.mil](mailto:judy.barstad@conus.army.mil) or 526-0570 with any questions.

**DPW services** — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk can be reached at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Larry Haack at 526-9237 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.
- Elevator maintenance — Call Sharon Gayle at 526-1695.
- Motor pool sludge removal/disposal — Call

Don Phillips at 526-9271.

- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper

• Base operations contract Contracting Officer Representative — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Woody at 526-1854 to request latrines, for service or to report damaged or overturned latrines.

## Hours of Operation

**Central Issue Facility regular business hours** — are listed below. Call 526-3321 to make appointments.

### In-processing

Monday-Thursday from 7:30-10:30 a.m.

### Initial issues

Monday-Thursday from 12:30-3 p.m.

### Partial issues

Monday-Thursday from 12:30-3 p.m.

### Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

### Direct exchange

Monday-Thursday from 12:30-3 p.m.

### Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

### Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

### Unit issues and turn-ins

Call 526-5512/6477 for approval.

**Trial defense service hours** — TDS hours of operation are Monday-Thursday from 9 a.m.-4 p.m. TDS is closed on Fridays except for appointments and emergencies. Administrative chapters and Article 15 briefings are held Tuesdays and Thursdays at 1 p.m., and walk-ins are taken until 12:50 p.m.

**Claims Division hours** — The Claims Division office hours are Monday-Thursday from 8 a.m.-5 p.m, Friday from 8 a.m.-4 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R (pink form).

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

**Warhorse Cafe** — Monday-Friday 7:15-9:15 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekends hours are 9:30 a.m.-1 p.m. (brunch) and 5-6:30 p.m. (dinner).

**Wolf Inn** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekend hours are 9:30 a.m.-1 p.m. (brunch), and 5-6:30 p.m. (dinner).

**Butts Army Airfield** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch). Closed for dinner and on weekends.

**10th SFG** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch). Closed for dinner and on weekends.

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

• **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

• **Learning Resource Center/Military Occupational Specialty Library** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

• **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.

• **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

**Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

## Briefings

**ACAP briefing** — The Army Career and Alumni Program preseparation briefing is required for all departing servicemembers. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m. to building 1118, room 133. Call 526-1002 to register.

**ETS briefing** — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

**Special Forces briefings** — are held Wednesdays in building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

## Commanding General's Hotline

**by Maj. Gen. Robert W. Mixon Jr.**  
*Commanding General, Division West, First Army and Fort Carson*



**Mixon**

The Commanding General's Hotline exists to provide Mountain Post Team members a channel to express their concerns and good ideas directly to me.

It is in everyone's interest to share information and solve problems efficiently and quickly. The Commanding General's Hotline is one way to successfully resolve difficulties.

Communication is a two-way street, and this is one way I use to communicate with Soldiers, family members, civilian employees and contractors of the Mountain Post team.

There are two avenues to communicate concerns, complaints, suggestions or praise: call the hotline, 526-2677, or go online to [www.carson.army.mil](http://www.carson.army.mil), click on "contact us" and complete the form.

Your issue will be worked by me and my staff, but please try to resolve conflicts through traditional means first, including your chain of command.

So that we may process your concern, suggestion, complaint, problem or praise, please give us your name, rank, unit and as much information about the situation as possible.



# Soldiers worshiping in 'The Box'

by **Spc. Paul J. Harris**

*3rd Brigade Combat Team, 4th Infantry Division Public Affairs Office*

**FORT IRWIN, Calif.** — “As a person, I do not feel I deserve this position. I am extremely thankful to have a part in these men’s lives and point them to God so they can experience the same grace and forgiveness that I have had,” said Chap. (1st Lt.) Charles Estanol, chaplain, 3rd Battalion, 29th Field Artillery, 3rd Brigade Combat Team, 4th Infantry Division, after the evening sermon he gave at the National Training Center in Fort Irwin, Calif.

The Striker Brigade’s chaplains were conducting daily evening services for the Soldiers to come to and escape the harsh conditions of the NTC, while having a chance to relax, sing and worship.

“It means everything to me; it is something I look forward to all day long,” said Pvt. Royce Williams, military intelligence analyst, Headquarters and Headquarters Company, 1st Combined Arms Battalion, 8th Infantry Regiment, 3rd BCT, 4th ID. Williams’ wife is stationed at Camp Casey, Korea, and the time that he gets to worship every evening takes his mind off the fact that she so far away.

For others like Pfc. Doneilia Bush,

fueler, Headquarters and Headquarters Company, 64th Brigade Support Battalion, 3rd BCT, 4th ID, the recharge of spirituality gives her strength to face the unknown of entering “The Box” for the first time.

“I am still waiting for that real-life situation; I wonder if I am going to fail and I am worried about going into ‘The Box.’”

“The Box” is a nickname for the actual area in the NTC where combat training takes place. Soldiers are tested on combat skills and how well they can withstand the unpredictable elements of the Mojave Desert.

Bush continued her military service after a 17-year break.

“Well, it was a couple of things,” said Bush about her reasons to return to the Army. “Since I have been out I had not been able to get a career job with benefits and so forth. When the war came around, I wanted to do my part but I thought I was too old.”

Under the new Army age requirements, she was able to enlist. Even though her technical job is a fueler, she has been assigned as a chaplain’s assistant, a job she is grateful to have.

Estanol is another returning service member. Prior to receiving his commission in January 2007, he was a Ranger in the 2nd Ranger Battalion out of Fort

Bragg, N.C. This is his first time at NTC and as a new lieutenant with a new battalion, he is grateful for the second chance God has given him in life.

“(My reason for returning was) mostly my desire to serve God by serving and caring for other men in a military context,” Estanol said.

During his sermon, Estanol read from Psalms 27 about the trials and tribulations of King David, who searched for redemption from his previous sins. Three key points from

the Psalms Estanol preached: God is light, he is my salvation and he is the defense of my life. A fitting sermon, Estanol thought, for what he and his fellow Soldiers were about to face in “The Box.”

“I am a man just like them,” Estanol said. “I have the same struggles and in some sense I have stumbled worse than them in areas of my life. I know it is by God’s strength and grace I have had this privilege to serve these men, cause I feel in a lot of ways I am the same as them.”



*Preaching about the trials and tribulations of King David is Chaplain (1st Lt.) Charles Estanol, center right, from Houston, chaplain, 3rd Battalion, 29th Field Artillery, 3rd Brigade Combat Team, 4th Infantry Division, during the evening sermon he gave at the National Training Center in Fort Irwin, Calif.*



## Cook

From Page 6

Cav., has been talking to some of the newer Soldiers in his unit telling them to get ready to be pushed to a breaking point that they may have never experienced before.

“It is chaotic because you are doing your job, yet there are war games going on,” Braga said.

His last experience here was an eye opener to a then young private fresh out of advanced individual training. What he thought going in was to be a ‘fun’ experience in the

desert turned out to be a series of sandstorms and unpredictable attacks from the enemy at all hours of the day. However, it did prepare him to tackle what he faced in Iraq later that year.

Other Soldiers like Spc. Rebecca Hamilton, food service specialist, Company F, 1-8th Combined Arms

Battalion, 3rd BCT, 4th ID, has been telling the newer Soldiers in her unit that no matter how many stories you hear from the veteran Soldiers, each of their experiences will be unique.

Hamilton, like Blackwell, was also a part of the Command Security Detachment for the Striker Brigade and returning to her former job presented a mix of emotions.

“I miss working at brigade,” Hamilton said. “I miss all the people I used to work with and I miss gunning a lot; I love the 240.”

Though she is not atop a turret, manning an M-240 machine gun, Hamilton is happy to be back behind the grill.

“I joined the Army to cook,” she said. “When I came back I was doing what I loved again. Being out in the field and cooking is a lot of fun. I enjoy serving people their food. It is good to make people happy.”

After the training exercise is over and the Soldiers head home, the Striker Brigade will donate a percentage of their unused food portions to the Salvation Army of Colorado Springs.



*Spc. James Cross, food service specialist, Troop D, 2nd Squadron, 9th Cavalry, 3rd Brigade Combat Team, 4th Infantry Division, spices the steaks in preparation for dinner at the National Training Center at Fort Irwin, Calif.*



# COMMUNITY

*Gone fishin’*

## Slimy sport sparks smiles



**Story and photos by  
Michael J. Pach**

*Mountaineer staff*



Directorate of Environmental Compliance and Management Wildlife Officer Chris Zimmerman provides fishing tips to special education students from Janitell Junior High School at Womack Reservoir.



Eric Crumpton has a big grin on his face after hauling in the biggest fish he's ever caught.



Jordan Dumas, center, gets excited after catching a rainbow trout at Womack Reservoir with the help of DECAM Wildlife Officer Mike Simon and educational assistant Penny Stuart.

**Right:** Chris Zimmerman helps Andrew Chapin from Janitell Junior High School pull in a rainbow trout at Womack Reservoir.



**Left:** Katherine Storlie pulls a rainbow trout out of Womack Reservoir. Storlie said this was the third fish she'd caught in her life.



Eight special-education students from Janitell Junior High School in Widefield District 3 enjoyed a few hours of fishing at Womack Reservoir May 17 with a little help from their friends.

Special Education teacher Jimmie Dorsey and her educational assistants, Barb Schara and Penny Stuart, along with Schara's husband Dave, retired Fort Carson Fire and Emergency Services worker, coordinated with Directorate of Environmental Compliance and Management Wildlife Officers Chris Zimmerman and Mike Simon to bring Dorsey's class to Womack for the second year in a row. Schara's daughter Erin was also there to help the students.

As part of DECAM's regular stocking schedule, 700 pounds of rainbow trout were placed in Womack Reservoir the day before, so there were plenty of hungry fish for the students to catch.

Dave Schara explained that this was the last field trip of the school year for the class and that he was glad to have the cooperation of DECAM in providing this opportunity for the children.

Some of the students were "seasoned veterans," like Andrew Chapin, who caught five fish during last year's trip, and Lorelai Browning, who is her dad's fishing buddy. Others were fishing for the first time in their lives and Katherine Storlie said she had caught only one fish before this trip.

Excitement levels were high as Zimmerman gave last-minute instructions to the students before he and Simon baited their hooks with night crawlers. The adults helped the children cast out their poles and were just as excited when bobbers started to disappear.

Each of the students caught at least one rainbow trout and Eric Crumpton landed the largest fish he'd ever caught. It also may have been the biggest fish caught that day, and Zimmerman asked Eric if his arms were tired after hoisting the trout onto the dock. Eric shook his head "no" as he sported a huge grin.

Not only did a number of fish get hooked, but the children got hooked on fishing and the adults got hooked on seeing the students smile. Everyone said they looked forward to planning next year's trip.



# Community briefs

## Miscellaneous

**Scholarships for children/spouse of local Soldiers who were fallen/wounded in action in a combat zone** — As part of the Annual Pikes Peak or Bust Rodeo Parade, scholarships will be awarded to some family members of servicemembers killed or wounded in action while in a designated combat zone.

Scholarships are awarded to family members who: have been accepted to an accredited college or university, or who are current college students seeking support for either a traditional degree-seeking program, up to and including master’s degrees, or for vocational/career and technical education.

Applicants must be committed to attend school during the 2007-2008 academic year. For application details, contact Brian Binn at 575-4325 or [brian@cscc.org](mailto:brian@cscc.org). Send applications to: Military Affairs Council, Attention: Rodeo Parade Scholarship Committee, Colorado Springs Chamber of Commerce, 2 N. Cascade Ave., Suite 110, Colorado Springs, CO, 80903.

Application deadline is June 15. The scholarship is sponsored by Aleut Management Services and the Colorado Springs Chamber of Commerce Military Affairs Council.

**Supporting our Spouses, Mini Conference** — is June 9, from 7:30 a.m.-noon or 12:30-5 p.m. at Southeast Family YMCA, 2190 Jet Wing Drive. Seminars will be given by Dr. Terry Lyles. Breakfast will be provided for the a.m. conference and lunch for the p.m. conference. The event is for spouses of deployed and soon-to-deploy Soldiers and is sponsored by Military Family Assistance Project. For more information, contact Roz Johnson at 577-7417 or [rjohnson@nhdf.org](mailto:rjohnson@nhdf.org).

Register for the event and child care by contacting your brigade family readiness group assistant: 2nd Brigade Combat Team, Teisha Ingraham, at 526-4871; 43rd Area Support Group, Kim Alexander, at 526-4664; or 10th Special Forces Group, Chris Twigg, at 524-1850.

**Road closure** — Beginning June 10, Prussman Boulevard, between Sheridan Avenue and Mekong Street, will be closed until further notice, due to construction in the area.

**Community Fair at McKibben Physical Fitness Center** — is June 29, from 10 a.m.-6 p.m. This event will showcase what is available at Fort Carson and in the surrounding community. Some of the vendors to attend include: Colorado Springs/Pueblo/Fountain city services and activities; Better Opportunities for Single Soldiers; Child and Youth Services; outdoor recreation; Turkey Creek recreation; Army Community Service; employment opportunities; medical/dental services; veterinarian services; vehicle registration, GMH Military Housing; Boy Scouts and Girl Scouts and other clubs on-post; YMCA; park and recreation services; and school liaison for school registration.

**Military Spouses Support Group** — meets Tuesdays from 2:30-4 p.m. at Evans Army Community Hospital, fourth floor, room 4846. Learn more about: communication difficulties, coping with a spouse’s mental health issues, coping with loneliness, combat stress and post-traumatic stress disorder, readjustment issues, single parenting, depression, stress, anxiety and other hardships. For more information call Dr. Jacqueline Delano at 526-7013.

**Donated annual leave needed for Fort Carson civilian employee** — Barbara Dowling, Directorate of Information Management, had a medical emergency and has been accepted in the Voluntary

Leave Transfer Program. To donate annual leave, call or e-mail Connie Griffin, Garrison Resource Management, at 526-1839 or [Connie.Griffin1@us.army.mil](mailto:Connie.Griffin1@us.army.mil) to obtain form OF-630A: “Request to Donate Annual Leave.”

**Le Tour de Parques charity bike event in Colorado Springs** — is Saturday at America the Beautiful Park. Proceeds will benefit Memorial Hospital for Children in partnership with The Children’s Hospital and Bikes for Kids, Colorado Springs, Inc. Special Guest is Chris Carmichael, coach to seven-time Tour de France winner Lance Armstrong. The event includes 40-mile and 20-mile challenges and a five-mile family bike ride, as well as a free bicycle festival in the park following the event, with food, music, childrens’ activities, bicycle demonstrations, low cost bike tuneups and more. Registration is \$25 per rider, and a minimum of \$100 in pre-collected pledges must be received prior to riding. Pledges are not required for the five-mile family ride. Call 365-5871 for more information.

**New pavilion under construction at Haymes Reservoir** — Construction is under way on a recreational/educational pavilion at Haymes Reservoir. The pavilion will be built by volunteers from Colorado Springs Utilities and should be completed by June 16. Use caution around the construction site and do not disturb any of the fencing, stakes or other structures on and around the construction area. For more information call 524-4925.

**Fort Carson Veterinary Treatment Facility** — is open to all Department of Defense card holders, active duty and retired. The vet clinic provides basic services, such as vaccines, de-worming and appointments with the veterinarian. The clinic is open Mondays-Fridays, from 7:30 a.m.-3:30 p.m. Call 526-3803 for an appointment. It is a post requirement to have your pet registered with the veterinary clinic within 10 days of moving onto post. It is also necessary to have your pets microchipped and up-to-date with rabies and distemper vaccines.

**Fort Carson Tax Center** — The tax center is closed and all tax services must be booked through the Legal Assistance Office, by calling 526-5572.


**Annual Fort Carson mayors’ yard sale** — will be the first and third Saturday of each month from May-December, between 8 a.m.-3 p.m. On-post residents may set up in front of their homes. Single Soldiers and off-post active or retired Soldiers and their families may set up in the Beacon School parking lot. For information on yard sale guidelines, contact your mayor or deputy mayor or Mayoral Program Coordinator Joey Bautista at 526-4590/1049.

**Phase 4: Harr Avenue reconstruction project** — Rocky Mountain Asphalt and Materials has begun work on Phase 4 of the Harr Avenue reconstruction project. Phase 4 extends from Coleman Street to Prussman Boulevard. This section of road will be shut down to all traffic until the end of June.

To avoid the construction area, use Martinez Street, Sheridan Avenue and Prussman Boulevard. When completed, the “new” Harr Avenue, with right and left turn lanes, will extend from Coleman Street to Titus Boulevard.

**4th Infantry Division headquarters** — is under construction around building 1430. The parking lot to the southeast of building 1430, entrances to the east parking lots, and Weston Road between Specker and Wetzel avenues, and the parking lot behind the Grant Library are closed.

**Deployment Support Group** — Are you feeling lonely, anxious or fearful about this deployment? Join this group of caring spouses.

**Army Community Service (ACS)**  
Financial Readiness Program

**debt-free**  
by **30**

**Practical Advice**  
for the  
**YOUNG, BROKE & UPWARDLY MOBILE**

**Thursday, 14 June 2007**  
**6:00pm to 7:30pm**

**Family Readiness Center, Building 1526**  
**(719)526-4590**

Topics include:

- The Seven Debtly Sins
- Go Figure (or, Where Does All the Money Go?)
- Setting your D-Day
- Found Money
- Death by Plastic
- Everything You Always Wanted to Know About Banking
- Car(nal) Knowledge
- What if I Get Hit by a Bus? Insurance 101
- Now What?
- Life After Debt: Using Money to Make Money

To register or for more information, call (719)526-4590 or stop by and visit the Family Readiness Center, Building 1526.  
We look forward to meeting you.

To register call Army Community Service at 526-4590. Free child care is available for registered children. The support group meets Tuesdays from 1-2:30 p.m. and Thursdays from 6-8 p.m. at the Family University, building 1161.

**Alcoholics Anonymous meetings** — are held each Wednesday from 7-8 p.m. at the Colorado Inn, corner of Sheridan Avenue and Woodfill Road, building 7301, room 203. Call 322-9766 or 471-1625 for more information.

**No physical training zone** — The area under construction, north of Ranges 69 and 5, should not be used for training. Construction is under way. The area is bracketed to the north by Khe Sahn Street, to the east by Barkeley Avenue, and to the west by Brown Road, Titus Boulevard and Specker Avenue.

**Ongoing road closures** — Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson’s Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson’s Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.

**Claims against the estate** — With deepest regrets to the family of Pfc. Roy L. Jones III, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. John Wilmoth at 338-2421.

With deepest regrets to the family of Pvt. Brett A. Walton, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 3 Matthew T. Gibbs at 339-8641.

With deepest regrets to the family of Staff Sgt. Dwight J. Martin, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Ricardo Ocasio at 526-8890.

# St. Justin was a hero of the faith

### Commentary by Capt. Joshua Buford

*chaplain candidate*

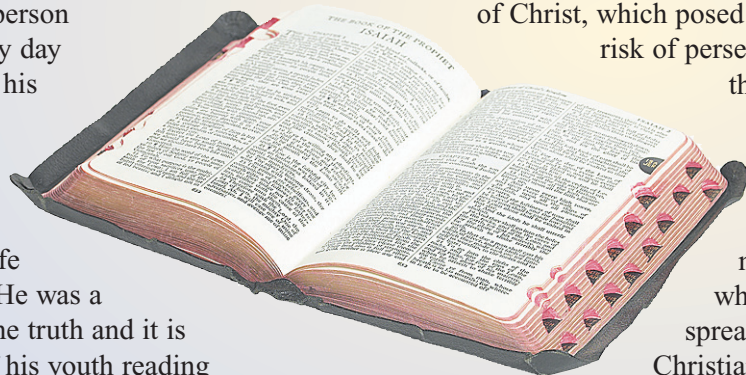
“He who bears the burdens of others, assists all, humbles himself to all, even to his inferiors and supplies the wants of the poor with what he has received from God, is truly the imitator of God.”

This is a powerful quote from the person whose life is celebrated this first day of June. His name is St. Justin. He was born about 100 A.D. and later became an apologist, or defender, of the Christian faith. His was a life well lived, a life connected to a cause far higher and much greater than himself. The person we are celebrating this holy day deserves our attention, for his life was a demonstration of important qualities we should emulate.

The first quality we should emulate from his life is his pursuit of the truth. He was a person who searched for the truth and it is said that he spent much of his youth reading various poets, orators and historians. This led him to the path of philosophy during his journey. His focus was not one of the fleeting desires, which come upon us with great intensity only to be forgotten with the arrival of the next stimulus, dressed in appeal and tickling the fancy of our souls. On the contrary, his quest for the truth was described as “an ardent love of which was his

predominant passion.” While on this philosophical quest, St. Justin realized he was looking for God, yet he could not find God in his study of subjects such as stoicism and Platonism. This led him to examine the Old Testament prophets and the life of Jesus Christ. As a result, he converted to Christianity in 130 A.D. In our post-modern age, which states there is no “real” truth, we can benefit by searching out the truth for ourselves.

Secondly, St. Justin exemplified a deep conviction concerning his beliefs. The truth that St. Justin found changed him down to the very core of his being. He became a follower of Christ, which posed him at great risk of persecution during



this particular era of the Roman Empire. There were many people who were spreading lies about Christianity and this equivalent to a modern-

day media smear campaign deceived the Romans into persecuting those professing to be followers of Christ. Due to his convictions, St. Justin defended the faith against those seeking to such harm, writing such works as “Apologies” and “Dialogue.” By his written works, he sought to persuade the ruling authorities that Christianity

is a faith of moral beauty and rational and absolute truth. Like a person speaking against terrorism in a terrorist-controlled country, St. Justin caught the attention of those who sought to silence him. He knew persecution would be inevitable, however, so great was his conviction that he did not succumb to a great nuisance of the human race: compromise resulting from the fear of man.

This leads to the characteristic of courage, a quality St. Justin possessed in the face of torture and death. His foresight proved correct, for persecution found him as a predator finds its prey. The accounts of his life state that he was summoned to appear before the Prefect Rusticus, a high ranking magistrate of Rome. This ruler declared that St. Justin and his fellowship of Christians must worship the gods of the Roman Empire, stating, “Those who do not wish to sacrifice to the gods and to obey the Emperor will be scourged and beheaded.” However, St. Justin had searched for God and found him; as a result, he held a deep conviction of his faith, and chose not to compromise in the face of pain and death. He was beaten and beheaded. St. Justin showed courage by paying the ultimate price for the truth he found in the person of Christ.

These are some of the qualities we can emulate from the life of St. Justin. He was one who used his mind to find the truth for which his heart so desperately yearned. St. Justin found the one for whom he was searching, and like his Lord, paid the ultimate price with courage. This holy day we remember St. Justin, a hero of the faith.



## Chapel

**Protestant Women of the Chapel** — begins its summer schedule, meeting at Ironhorse Park on Tuesdays, July 10, July 24 and Aug. 7 from 11 a.m.-1 p.m. Children are welcome. Bring a sack lunch. For information call Jennifer Hinz at 559-5103. Please check the chaplain's page on the Fort Carson Web site for other summer events.

**Vacation Bible School** — Vacation Bible School registration is complete; all classes are filled. Children who are registered should attend VBS at Soldiers' Memorial Chapel June 11-15. For more information contact Stacy Chapman, 382-3970.

**AWANA** — is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ and train them to serve him. AWANA on Fort Carson is sponsored by the Fort Carson Chaplain Program.

The Fort Carson AWANA Club has adjourned for the summer. For more information, call Stacy Chapman at 382-3970.

**NATIVE AMERICAN SWEATLODGE** — The sweatlodge was established on Fort Carson about 11 years ago for the primary benefit of military, Family members, civilian personnel and Native Americans. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Anyone interested in attending should contact Charlie Erwin 382-8177, or Zoe Goodblanket at 442-0929 for more information and directions.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Hartz/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-5973
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-5973
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Hartz/526-8011
Tuesday	6 p.m.	Adult Bible Study	Soldiers'	Nelson & Martinez	Mr. Love/526-5229
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Lesh/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoaan	Veterans'	Titus	Chap. Lesh/526-3888

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

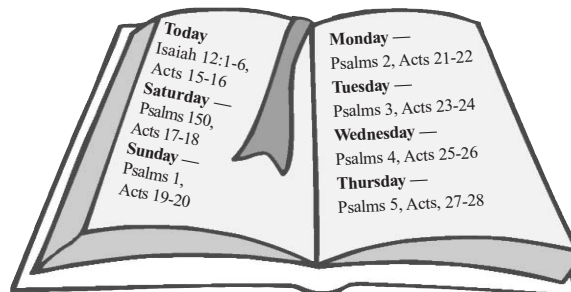
### WICCA

Monday 6:30 p.m. building 4800, corner of Harr and O'Connell Rhonda Helfrich/338-9464

### NATIVE AMERICAN SWEAT LODGE

Native American Sweat Lodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177 or [erwincl@msn.com](mailto:erwincl@msn.com); or Zoe Goodblanket at 442-0929.

**Daily Bible readings:** To assist in regular Scripture reading, the following Scriptures are recommended. These Scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



### The Army Cycle of Prayer.

Pray this week for the following:

**Unit:** For the Soldiers, Families and leaders of the 4th Infantry Division headquartered at Fort Hood, Texas.

**Army:** For all the thousands of volunteers throughout the Army, who define selfless service and whose work builds enduring and productive Army communities. From grateful Soldiers everywhere: Thank you.

**State:** For all Soldiers and their Families from the state of Iowa. Pray also for Gov. Chet Culver, the state legislators and municipal

officials of the Hawkeye State.

**Nation:** For the director and thousands of agents of the Federal Bureau of Investigation, who daily ensure that our nation is secure from the criminal elements that would undermine our freedom.

**Religious:** For all Soldiers and Family members of the Islamic faith, and for all chaplains endorsed to military service from that community of faith.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at [www.usarmychaplain.com](http://www.usarmychaplain.com).



Photos by Diana Nicholas-Addy

## Colorado Springs honors fallen military

**Above:** Command Sgt. Maj. Terrance McWilliams, Division West, First Army and Fort Carson, right, joins Colorado Springs Mayor Lionel Rivera, center, and his wife Lynne Rivera, in the pledge of allegiance at the Memorial Day observance at Memorial Park Monday. Representatives from veteran's organizations and the different branches of the armed services laid wreaths honoring those service-members who died in service to their country. **Right:** Colorado Springs Mayor Lionel Rivera salutes after laying a wreath at the memorial honoring those Fort Carson Soldiers who have died in service, from the time of the original Camp Carson in World War II to the present.





# Chopper museum visits Fort Carson

**by Douglas M. Rule**

*Fort Carson Public Affairs*

The Helicopter War Museum, a traveling exhibit of the Rocky Mountain Chapter of the Vietnam Helicopter Pilots Association, visited Fort Carson during the Memorial Day weekend.

The museum was constructed by VHPA volunteers and houses pilots' memorabilia and artifacts from the Vietnam War era. The Rocky Mountain Chapter dedicated the museum to the 2,196 helicopter pilots and 2,703 crewmen who gave their lives in support of the ground troops serving in Vietnam from 1961-1975.

Veteran pilots man the museum, explaining the artifacts and relating their personal stories from Vietnam.

"We have a great chapter membership who volunteer to work the museum during exhibitions to tell the real story of Vietnam," said Ed Fickes, the museum's operations officer.

Fickes, from Greeley, served with the 1st Air Cavalry Division in Vietnam. He also said that their membership draws from the 600 surviving Vietnam-era helicopter pilots living in Colorado and Wyoming.

Walt Winters, a Vietnam War

116th Assault Helicopter Company veteran who was on hand to answer questions visitors had, said that they would try to bring the exhibit back to Fort Carson in the near future.

For more information on the Helicopter War Museum and the Rocky Mountain Chapter of the Vietnam Helicopter Pilots association, visit [www.vhparmc.org](http://www.vhparmc.org).



*Courtesy photos*

**Above:** Walt Winters, Rocky Mountain Chapter of the Vietnam Helicopters Pilots Association, shows a visitor around the Helicopter War Museum. **Left:** Members of the public visit the Helicopter War Museum during a Veteran's Day exhibit in Greeley. The museum is mounted in a trailer that was outfitted by members of the Rocky Mountain Chapter of the Vietnam Helicopter Pilots Association. The VHPA members use the trailer as a traveling exhibition to educate the public on helicopter pilots and crews and their role in the Vietnam War.



## *DOD Marrow Donor Program*

**by Rebecca E. Tonn**

*Mountaineer staff*

# Recipient

Since 2001, Air Force Master Sgt. Kristin Clark has signed up 7,435 people to the National Marrow Donor Program. But that's not enough to suit Clark. Each person who registers can potentially save someone's life — so she continues to recruit potential donors.

Clark, a career-assistance advisor at Peterson Air Force Base, has been the volunteer Southwest Region Recruitment Coordinator since 1992 for the C.W. Bill Young Marrow Donor Center. It is one of 79 donor

centers for the Department of Defense Marrow Donor Program.

During the Armed Services Blood Drive in March, Clark recruited 593 people at the U.S. Air Force Academy and 877 at Fort Carson. Clark was thrilled when 150 Soldiers from the 4th Engineer Battalion registered for marrow donation during the blood drive at Fort Carson, after they found out they were ineligible to donate blood.

"They filled out and signed forms on one another's backs and did their oral swabs — right there in the field

(at the Special Events Center). I wish I'd had my camera," Clark said.

Clark has spent years trying to correct some misconceptions about donating marrow. A lot of service-members cannot give blood because of deployments to Iraq or Europe.

But qualifications for donating blood are stricter and do not apply to donating marrow. Requirements for donating marrow include: general good health; ages 18-60; no serious illness; cannot have insulin-dependent diabetes; do not have, nor are at risk for, HIV, nor Hepatitis B or C. For a complete list, go to [www.marrows.org](http://www.marrows.org), then to "how to help," "join the registry," "join in person" and "health history questionnaire."

"Servicemembers have the mentality of wanting to help people anyway — that's why they're in the military," Clark said. Servicemembers registering as donors can be a natural fit, she added, since most of the disqualifications for donating marrow would also preclude someone from being in the military.

Up to 70 potentially fatal diseases may be cured with marrow transplants. All costs for tissue typing are paid for with Department of Defense funds. If a donor volunteers to provide a match, all testing, medical fees, as well as any travel expenses, are paid for by the recipient's insurance, according to the [www.DODmarrow.org](http://www.DODmarrow.org) Web site.

Clark knows numerous service-members who were selected as donor matches and were able to donate, including a major general at Peterson Air Force Base. The national registry allows donors and recipients to meet one year after the transplant, if both parties are willing.

One recipient, who had a transplant in August 2006, is looking forward to contacting his donor. Retired Air Force Chief Master Sgt. Ralph Curtis (known as "Chief" or "Curt" to his friends and family) was diagnosed with chronic lymphocytic leukemia in March of 1998 — and told he had less than four years to live. But by April of 1999, doctors

*Retired Air Force Chief Master Sgt. Ralph Curtis enjoys a visit with his oldest daughter, Jesica, in March — seven months after he received a bone-marrow transplant.*



Courtesy photo



# grateful for life

gave him less than six months to live.

After undergoing a clinical trial for six-months, including a “brutal regimen” of chemotherapy, Curtis’ cancer went back into remission until October 2001. Several times the cancer returned, he had chemotherapy, and the cancer went into remission for a while: until September 2004, when his leukemia returned — complicated by small-cell lymphoma.

He underwent yet another regimen of treatments, including an experimental radioactive drug, “which had no effect.” By October 2005, doctors said that, unless he could have a bone marrow transplant, he had a year to live.

Curtis was placed on a transplant list, and in January of 2006, a suitable donor was found. Curtis began the long process of testing, blood transfusions and massive doses of radiation and chemotherapy to prepare for the transplant.

Finally, on August 4, 2006, the marrow arrived late at night at the Seattle Cancer Care Alliance, where

Curtis, his two sisters and three of his lifelong friends waited. Curtis will never forget that night.

“They started administering it right away — three bags of life-saving bodily fluids. The transplant lasted until 8:30 the next morning. Having the marrow pumped into me was the most spiritual, emotional and overwhelming experience of my life.

“My sister compared it to childbirth. Who was this woman who donated her marrow to save my life? All I could think about was how blessed I was that someone out there was willing to give me a chance at continuing to live,” Curtis said.

Eventually, Curtis sent his donor a letter via the social workers in Seattle. “It took me months to write the letter — I kept getting a lump in my throat and tears in my eyes. I simply could not find the right words to thank someone for their sacrifice, their time and enduring a medical procedure to save a stranger’s life.

“That stranger was me and I only hope to be able someday soon to



**Air Force Master Sgt. Kristin Clark**

*Air Force Tech Sgt. Shelly Murray, standing, assists Fort Carson Soldiers with registering for marrow donation at the Special Events Center during the Armed Services Blood Drive in March.*

show her how grateful I am,” he said. Curtis tells everyone he can about the donor program. He knows firsthand how valuable it is.

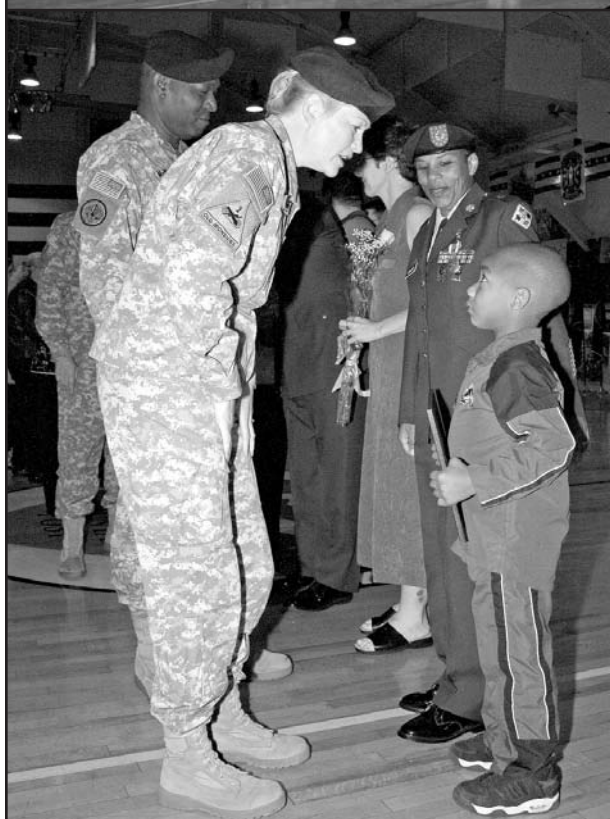
It takes an hour to register a group of Soldiers; Clark will come to the unit. Clark encourages Fort Carson units/commanders to call or e-mail her to host a registry marrow drive.

“You can match somebody who hasn’t even been born, yet,” Clark said. Registration involves: signing a consent form to be placed on the registry, filling out a brief medical questionnaire and taking an oral swab for tissue matching. Clark can be reached at 556-9226 or [Kristin.Clark@Peterson.af.mil](mailto:Kristin.Clark@Peterson.af.mil).



Photos by Michael J. Pach

**Above:** Retirees and their family members stand at the center of the Special Events Center during the singing of the national anthem. **Left:** Brig. Gen. Anne F. Macdonald, deputy commanding general, Division West, First Army and Fort Carson, speaks with Timothy Coates, son of retiree, Staff Sgt. Levon Coates, 59th Quartermaster Company, 4th Infantry Division, second from right, at the retirement ceremony Wednesday at the Special Events Center.



## A day to remember

Eight Soldiers were honored Wednesday for their duty to our country during a retirement ceremony at the Special Events Center. Collectively, these Soldiers accumulated 188 years of service in the Army. The retirees are: Chap. (Col.) Lilton J. Marks Sr., 3rd Brigade Combat Team, 4th Infantry Division; Capt. Cecile A. Galt, 3-360th Training Support Battalion, 5th Armored Brigade; Master Sgt. Frances Sanchez-Jones, Army Space and Missile Defense Command; Sgt. 1st Class Celena R. Major, Denver Recruiting Battalion; Sgt. 1st Class Cynthia Jones, 17th Field Artillery Regiment, 2nd BCT, 2nd ID; Sgt. 1st Class Paul J. Salopek, Headquarters Headquarters Troop, 1st Squadron, 3rd Armored Cavalry Unit; Staff Sgt. Levon Coates, Individual Readiness Training Company; and Staff Sgt. Victor R. Marrero, Individual Readiness Training Company.



## Circus comes to Fort Carson



Photos by Karen Linne

**Above:** Members of The Carson and Barnes Circus raise the tent Saturday at Ironhorse Park. The circus is family owned, based out of Oklahoma and travels throughout the U.S. This is its 71st year. It performed six shows Saturday through Monday at Ironhorse Park. **Left:** Ila the elephant raises the poles of the Big Top Saturday for The Carson and Barnes Circus at Ironhorse Park. She is about 30 years old and weighs nearly 8,000 pounds. The elephants (there are three) are rotated to perform this duty of raising the Big Top's poles. The elephants pull the metal poles into an upright position using a harness and a sled, before a tractor sets the poles.



# Asbestos remains potential problem

*Directorate of Environmental Compliance and Management*

Because Soldiers and civilians might accidentally become exposed to asbestos while on Fort Carson, especially in older buildings built when asbestos was acceptable, the Directorate of Environmental Compliance and Management provides information on asbestos and its risks.

## ***What is asbestos?***

Asbestos is a mineral fiber. In the past, asbestos was added to a variety of products to strengthen them and to provide heat insulation and fire resistance.

In 1989, the Environmental Protection Agency banned all new uses of asbestos. EPA established regulations that require school systems to inspect for damaged asbestos and to eliminate or reduce the exposure by removing the asbestos or by encapsulation. EPA regulates the release of asbestos during building demolition or renovation to prevent asbestos from getting into the environment.

Most products made today do not contain asbestos. Those few products made which still contain asbestos that could be inhaled are required to be labeled as such. However, until the 1970s, many types of building products and insulation materials used in homes contained asbestos.

## ***If there is asbestos in a home:***

- Don't panic. Usually the best thing to do is leave asbestos material that is in good condition alone. Generally, material in good condition will not release asbestos fibers. There is no danger unless fibers are released and inhaled into the lungs.
- Check material regularly if you suspect it may



**Photo by Directorate of Environmental Compliance and Management**

*During a renovation of buildings in the old hospital complex, Fort Carson was required to remove the asbestos used as a fire suppressant. In order to ensure the safety of those in the area, special precautions were taken to prevent airborne distribution of asbestos particles.*

contain asbestos. Don't touch it, but look for signs of wear or damage. Damaged material may release asbestos fibers.

Sometimes, the best way to deal with slightly damaged material is to limit access to the area and not touch or disturb it. Discard damaged or worn asbestos gloves, stovetop pads or ironing board covers. Check with local health, environmental or other appropriate officials to find the proper handling and disposal procedures.

If asbestos material is more than slightly damaged, or if you are going to make changes in

your home that might disturb it, repair or removal by a professional is needed.

## ***Where asbestos hazards may be found in the home:***

- Some roofing and siding shingles are made of asbestos cement.
- Houses built between 1930 and 1950 may have asbestos as insulation.
- Asbestos may be present in textured paint and in patching compounds used on wall and ceiling joints. Their use was banned in 1977.



# MPs train for deployment

Story and photos by Michael J. Pach  
Mountaineer staff

For the week of May 14-18, the tactical operations center for the 59th Military Police Company, 759th Military Police Battalion, 43rd Area Support Group was located at Camp Red Devil.

The 59th MPs underwent training and a battalion-level evaluation to determine their level of readiness for deployment to Iraq this summer.

The operations at Camp Red Devil focused on three areas: police training teams (PTT), convoy security and combat patrols.

PTT is an area of concentration because MPs are trying to train the Iraqi police to provide their own security. Convoy security includes missions such as escorting vehicles to Baghdad International Airport and escorting supply transports from one location to another.

2nd Lt. Jake Massacci and Master Sgt. Eugene Marchand, 759th MPs, were part of the battalion team operating the TOC and explained that combat patrols are an everyday occurrence for MPs as they safeguard the area in which they are working.

"They (MPs) are not necessarily out there to react to an insurgent attack," said Massacci. "They're out there more as sensors on the battlefield to collect intelligence — how the townspeople are receiving us, what it feels like while they're in the towns."

The training is realistic, using battle intelligence and simulating actual operations from the field. Missions to mock Iraqi towns are conducted with Soldiers acting as opposing forces, civilians on the battlefield and Iraqi police. Intelligence personnel photographed all of the OPFOR and COBs, creating black and gray lists so the MPs could detain any known or suspected "insurgents" during runs.

"We try to simulate what we know happens over there (Iraq)," said Marchand. "It's not just a matter of the bad guys out there shooting at us. It's a matter of interacting with the guys we don't know are bad guys or not. There could be bad guys mixed in with the good guys and that's something they have to be able to determine."

Sgt. Jared Dutka, 59th MP Company, led a Humvee convoy on a PTT mission to Range 24, where a mock Iraqi village is set up. The objective of the mission was to drive to the IP station and interact with the IPs, convincing them to assist in setting up road blocks so the IP station could be secured for training purposes.

Dutka held a thorough briefing session before setting out on the mission. He discussed intelligence information about the village, the route, objective rally points where reconnaissance maneuvers would be conducted, the location of the IP station, road conditions, safety, the convoy's formation, radio frequencies, and standard operating procedures when under indirect and small arms fire and IED attacks. Dutka also took the time to answer Soldiers' questions.

Just before rolling out, Dutka performed another short briefing and checked to make sure his Soldiers had everything they needed for the mission.

The convoy moved out to Range 24 and performed reconnaissance maneuvers from three locations before reaching the IP station. Spc. Jesse Ruiz, Puerto Rican National Guard, acted as the company's interpreter while other members of the Puerto Rican National Guard acted as IPs. Ruiz spoke Spanish with them to simulate the type of language barrier Soldiers would witness in the field. Dutka had to communicate to the IPs through Ruiz.

While at the IP station, the convoy came under attack by simulated mortar and sniper fire. They reacted to the attack and were forced to move out and return to Camp Red Devil. On the way back, the convoy encountered a simulated improvised explosive device and took action to detonate it.

Dutka and the company commanders conducted an after-action review to discuss what went right and what went wrong. The Soldiers and observers agreed that Dutka's plan was solid and that communication played an important role.

"The key is communication," said Master Sgt. Scott Mandeville, 2nd Brigade Combat Team, 4th Infantry Division, who observed the mission. "If you learn one thing in training that saves your life downrange, it's worth it."

*Soldiers with the 59th Military Police Company defend themselves against a "sniper" after one of their crew members is "taken out" during a training mission.*



Sgt. Jared Dutka gives a final briefing to the Soldiers in his convoy at Camp Red Devil before they move out on their mission to Range 24.



**Right:** Pvt. Robert Lamar, left, and Spc. Ryan Dombrowski load blank rounds into the 50-caliber machine gun on top of their Humvee before moving out on their mission.

**Left:** Sgt. Angie Kerns defends her position during a training mission as her unit falls under a simulated attack.



**Left:** Sgt. Jared Dutka, second from left, 59th MP Company, speaks to three "Iraqi police officers" through interpreter, Spc. Jesse Ruiz, second from right. Ruiz and the Soldiers acting as Iraqi police are with the Puerto Rican National Guard and are speaking Spanish to simulate the type of language barrier Soldiers would encounter in the field.



## Asbestos

From Page 25

- Artificial ashes and embers sold for use in gas-fired fireplaces may contain asbestos.

- Older products such as stove-top pads may have some asbestos compounds.

- Walls and floors around wood burning stoves may be protected with asbestos paper, millboard or cement sheets.

- Asbestos is found in some vinyl floor tiles and the backing on vinyl sheet flooring and adhesives.

- Hot water and steam pipes in older houses may be coated with an asbestos material or covered with an asbestos blanket or tape.

- Oil and coal furnaces and door gaskets may have asbestos insulation.

*Health risks associated with asbestos:*

From studies of workers exposed to asbestos in factories and shipyards, it is known that breathing high levels of asbestos fibers can lead to an increased risk of lung cancer, mesothelioma, a cancer of the lining of the chest and the abdominal cavity;

and asbestosis, in which the lungs become scarred with fibrous tissue.

Most people exposed to small amounts of asbestos, as almost everyone is in their daily lives, do not develop these health problems. However, if disturbed, asbestos material may release asbestos fibers, which can be inhaled into the lungs. The fibers can remain there for a long time, increasing the risk of disease.

*Asbestos dos and don'ts for the homeowner:*

- Do keep activities to a minimum in any areas having damaged material that may contain asbestos.

- Do take every precaution to avoid damaging asbestos material.

- Do have removal and major repair done by people trained and qualified in handling asbestos. It is highly recommended that sampling and minor repair also be done by asbestos professionals.

- Don't dust, sweep, or vacuum debris that may contain asbestos

- Don't saw, sand, scrape, or drill holes in asbestos materials

- Don't use abrasive pads or brushes on power strippers to strip wax from asbestos flooring or its backing. Never

use a power stripper on a dry floor.

- Don't sand or try to level asbestos flooring or its backing.

When asbestos flooring needs replacing, install new floor covering over it, if possible.

- Don't track material that could contain asbestos through the house. If you cannot avoid walking through the area, have it cleaned with a wet mop. If the material is from a damaged area, or if a large area must be cleaned, call an asbestos professional.

***What has Fort Carson done about asbestos?***

Government Military Housing has sole ownership of housing and any questions involving on-post housing should be addressed by GMH exclusively.

With the exception of housing, buildings on Fort Carson have been surveyed for asbestos with numerous surveys, detailing asbestos related areas identified and mapped on Fort Carson.

Many of the sources of asbestos in military buildings are similar to those found in the list presented above. This is especially true for flooring and wall construction. Asbestos that remains in a building must be periodically surveyed to note and respond to

changes in its condition. The surveillance program includes the following:

- Assignment of trained individuals knowledgeable in the inspection and assessment of asbestos containing material and its potential for disturbance.

- Pre-surveillance record review of asbestos locations and any abatement done since the last survey.

- Scheduling, which is consistent with the asbestos-containing material's general condition and access, twice a year and more often if the condition or access warrant it.

- Record keeping.

*Notification:*

Supervisors must ensure building occupants have been notified that work will be carried out when asbestos containing material abatement is to occur.

No personnel, other than those performing repairs, will be present in the space during repairs.





Remember, only those individuals who have the proper training and certification may remove asbestos containing material from any Fort Carson building. For more information, call the DECAM's Asbestos Program Manager at 526-1687.






## Artists win prizes

*The Directorate of Morale, Welfare and Recreation announced the winners of the art and craft contest May 19. The winners listed below will have their artwork submitted to the Armywide contest.*

### Group 1 Novice

-  Luz Cardenas, 1st and 2nd place in oil painting for “Evening on the Beach” and “Morning on the Beach”
-  Elizabeth Lair, 1st and 2nd place in fibers for “Winter of the Soul” and “My Grandmother’s Doily”
-  Heather Donald, 3rd place and honorable mention in fibers for “A Little Blue” and “Wavy Days”
-  Susan Sims, honorable mention in fibers for “Monkey’s Fist Knot”

### Group 2 Accomplished

-  Mark Bradbury, 1st and 2nd place in watercolor painting for “Near Ohio Pass” and “After Round-up”
-  Holly Daily, 1st place, 2nd place and honorable mention in oil painting for “Blues Flower,” “Still Life (2 pears)” and “Pinecone and Vase”
-  Alejandra Rodriguez, 1st place and best of show in 2-dimensional mixed media for “Unknown Love”

*Elizabeth Lair won first place in the novice group/fibers category for this piece called “Winter of the Soul.”*



Courtesy photo





## Out & About

June 2 - 8, 2007

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation  
Visit us at <http://mwr.carson.army.mil>

### 2007 FAMILY CARNIVAL NIGHT

**At the Elkhorn**

**15 June 2007  
5PM - 8PM  
OPEN TO EVERYONE!**

<b>12 and over:</b>	<b>\$8.95</b>
<b>6 - 11 years:</b>	<b>\$4.00</b>
<b>5 and under:</b>	<b>FREE!</b>

**Family Buffet  
Clowns  
Pony Rides  
Face Painting  
Cookie Decorating**

**Magician  
Balloon Art  
Kids' Games  
Bouncy House**

**Located at Bldg. 7300 on Woodfill Rd.  
For more information call 576-6646**

### Derby

**Ages 3 - 15**

**9 June 2007  
at Womack Res.**

Derby: 9 am - Noon  
Lunch: Noon - 1 pm  
Awards Ceremony: 1 pm  
Additional Prizes awarded by age categories

Entry Fee: \$5 Pre-Registration  
\$7 Day of Derby

Day of Derby Registration: 7:30 - 8:30 am  
To Register, contact ITR at 526-5366, Bldg 2429

Open to All Eligible Users.  
Participants ages 3 - 15 must be accompanied by an adult.  
For more Information and Registration,  
Please Call 719-526-5366  
Or visit our website at <http://mwr.carson.army.mil>

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Yearly Range Card (\$175)  
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**WAY 3: MORE THAN 30 TELEVISION SCREENS**

**WAY COOL!**

LOCATION: THE OLD XTREMES BUILDING  
AT BLDG 1532, SPECKER AVENUE  
FOR MORE INFORMATION: 576-7540



# SPORTS & LEISURE

## Elite boxers prepare for top event



Fort Carson's John Franklin, left, gets in a sparring session Monday at the World Class Athlete Program boxing gym.

**Story and photos by  
Walt Johnson**

*Mountaineer staff*

Fort Carson will send 13 boxers in 11 different weight classes to the U.S.A. Boxing National Championships, which begin Saturday at the University of Colorado, Colorado Springs gym.

The schedule for the events to be held at UCCS over the next week is: preliminary bouts Saturday at 6 p.m., Sunday noon and 6 p.m, Monday, noon and 6 p.m.

There will be men's quarterfinal bouts and women's semifinal bouts Tuesday noon and 6 p.m.

Men's semifinal bouts will be held Wednesday noon and women's championship bouts will be held at 6 p.m.

The men's finals will be held June 8 at the Antlers Hilton Hotel at 7 p.m. Last year, Fort Carson's Christopher Downs and Boyd Melson made it to the championship bouts and are heavy favorites to get there again this year.

Downs won the title at last year's event in Colorado Springs and is looking forward to getting back in the ring with the best in the country and defending the championship. He said a lot is going to be expected of him and his teammates but they are more than ready to meet the challenge.

"This is a new year and it is an Olympic qualifier. I'm sure there are going to be some guys coming out of the junior Olympics and some guys who haven't been seen or heard about that will offer stiff competition for my teammates and me," Downs said.

Downs said the team has been working extremely hard to get ready for the event because they know that each of the fighters coming to town is coming to pursue the same goal the past boxers have: to represent their country at the Olympics.

"Fighters like Thomas Riley and, William Rozinsky will be there, among a number of good fighters. The thing is, you just have to be prepared for whoever you are fighting that night. No matter who I am in there with, I have to concentrate on beating them. My focus in training has been to put in hard work day in and day out because I don't want people to say that last year was a fluke. I want to defend my title as U.S. champion. My whole motivation is to win the title again and send a message to all those guys out there as we get ready for the Olympic trials. The message I want them to know is if they are going to beat me they will have to bring their 'A' game because I am not going to lay down for any one of those guys," Downs said.



Young members who will be getting their first taste of U.S.A. Boxing Championship experience get in a training session Monday at the World Class Athlete Program boxing gym.



Fort Carson's Boyd Melson, right, who won a silver medal last year, tunes up for the U.S.A. Boxing Championships recently at the World Class Athlete Program boxing gym.



## ***Mountaineer*** **Athlete of the Week**

### **Heidi Grimm**

**Sports Position:** World Class Athlete Program Triathlete

**What got you started running triathlons?**

We have always been a very active family. Family vacations for us were not going to the beach. We would go to the Grand Canyon and shoot the rapids or mountain climbing or two week camping. I have actually been an equestrian since I was 5 years old. When I got stationed in Washington D.C in the mid 90s I started to pick up running. The traffic was also so bad that I started riding my bicycle to work. Around that time triathlons were picking up in popularity. My brother Eric is a triathlete and we started around the same time. It really was a product of me loving to be outdoors, I like to stay active and I like to stay healthy. It's also a fun thing to do and a great way to meet healthy and active people and to be a strong soldier.

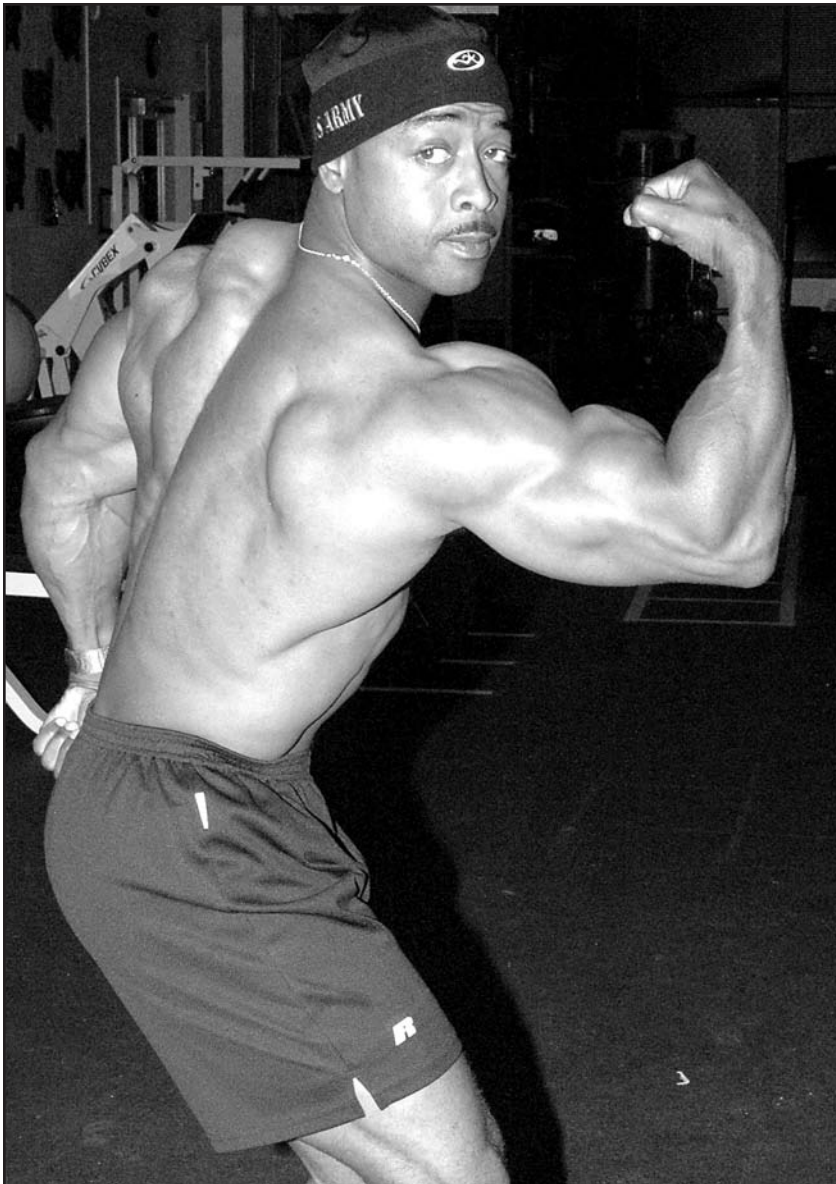
**What is your proudest moment in military sports?**

I have had so many wonderful experiences in triathlon and I thank the Army so much for giving me the opportunities that I have had. I would have to say I have two good things. The first was running the triathlon in Hawaii with my father. On race day, there are places where you pass each other; seeing my dad out there running the same course I was was so motivating. Also to be there at the finish line with him was so emotional. The second best moment was being the coach and team captain for the Army Ten Miler team at Fort Lewis, Wash. Watching the development of young runners, who had no idea what they were capable of until you give them the training and they put the work in, is a beautiful thing to be a part of.



Photo by Walt Johnson





*Fort Carson's Tony Claiborne has done all the work he can and now its time to put it on the line at the Shawn Ray Pro/Am bodybuilding classic in Denver today and Saturday.*

## On the Bench

# Amateur Bodybuilding championship on line today

**Story and photo by Walt Johnson**

*Mountaineer staff*

**Fort Carson's Tony Claiborne and Ann Claiborne will lead a strong military contingent into the Shawn Ray Pro/Am bodybuilding and fitness competition today and Saturday at the Colorado Convention Center in Denver.**

Both have won numerous titles in the National Physique Committee competitions in Colorado and New Mexico. Now both will be among a group of amateur athletes, many representing the military community here, that will be taking part in the classic that in its second year promises to be one of the top shows in the state for years to come.

**The Lady Mountaineers have begun play in the Colorado Springs softball league.**

The Lady Mountaineers will play Wednesday at 7 p.m. at Skyview Sports Complex Field Number two as the team looks to improve on last year's second place league finish.

**The Colorado Crush will be sponsoring a Military Night June 18 when the team meets the Chicago Rush**

at the Pepsi Center in Denver.

The Crush will have discount tickets for all active-duty servicemembers, retirees, families, and their friends starting as low as \$7 per seat on the upper level and \$23 per seat on the lower level. It will be the league-wide Military Night celebration in which each home team will be honoring military personnel.

**Fort Carson's Marcus Dungen is now available for "Tranquil Touch Massages" each Monday, Wednesday and Friday at Garcia Physical Fitness Center on post.**

Dungen is available for chair massages between 4-8 p.m. each day by appointment only. People can sign up for two separate sessions, one 15-minute session for \$15 and one 30-minute session for \$25. People wishing to make an appointment must call Garcia's staff at 526-3944.

**Fort Carson's Fitness Facilities have new operating hours.**

McKibben Physical Fitness Center is open Mondays through Fridays from 5 a.m.-5 p.m. and will be closed on Saturdays, Sundays and holidays. Forrest PFC is open



Photo by Walt Johnson

## Where's that ball?

*Members of the youth soccer program battle for the ball during the last day of soccer action Friday at Pershing Field.*

## Bench

From Page 35

from 5 a.m.-8 p.m. Mondays through Fridays. The center is open from 6 a.m.-2 p.m. on Saturdays and Sundays and closed on holidays. Garcia PFC is open from 5 a.m.-8 p.m. Mondays through Fridays. The center is open from 9 a.m.-5 p.m. on Saturdays and Sundays and from 6 a.m. - 10 p.m. on holidays. Waller PFC is open from 5 a.m.-10 p.m. Mondays through Fridays. The center is open from 3-10 p.m. on Saturdays and Sundays and closed on holidays.

**According to the Colorado Springs State Games officials, only 5,000 tickets for the public are available, and more than 1,100 have already been snapped up. Don't miss your chance to be part of the Opening Ceremony with all the pageantry, drama, music and color of the Parade of the States and their athletes!**

In the tradition of the Olympic Games, the State Games of America will host an opening ceremony Aug. 2

at the Colorado Springs World Arena to celebrate the beginning of the State Games of America weekend. Pre-ceremony festivities and T-shirt pick-up will take place from 4-9 p.m. outside the World Arena. Doors will open at 6 p.m., with the opening ceremony program starting at 7 p.m.

Athletes will receive free admission to the Opening Ceremony. Spectators can purchase Opening Ceremony tickets, \$10 for adults, \$5 for youth (18 and under) and seniors (55 and older). Call (866) 464-2626 to purchase tickets. or go to [www.ticketwest.com](http://www.ticketwest.com).

State Games officials promise this year's opening ceremony will be an enjoyable evening of family entertainment featuring a ceremonial parade of athletes, sport exhibitions and demonstrations, and live entertainment. The evening will conclude with the lighting of the State Games of America cauldron by an Olympic athlete. Come and enjoy the excitement of this national sports festival.



### ***Mountaineer Sports Feature***

#### **Hero Daddy**

*Fort Carson's Shane Cox, left, holds his daughter Autriana Cox in his arms as he watches two of his other children play in a soccer game Friday at Pershing Field. Cox recently returned to the post to undergo surgery to help him recover from wounds he received in a grenade attack while serving our nation in Iraq. Putting aside his own injuries, the youth center sports coach took in the final day of spring soccer action with his family.*



Photo by Walt Johnson



# Rock Ledge Ranch

on the National Register  
of Historic Places

**Story and photos by Nel Lampe**  
*Mountaineer staff*

Following the end of the Civil War, Gen. William Palmer, while scouting railroad sites for the Kansas Pacific Railroad, discovered the beauty of the Pikes Peak area. He purchased a site just north of the Garden of the Gods

and eventually built his home there. He founded Colorado Springs in 1871 and built a railroad, the Denver and Rio Grande, which ran from Denver to a railway station near his Antlers Hotel. But people already lived in the Pikes Peak area when Palmer arrived. Rock Ledge Ranch Historic Site, near the entrance to Garden of the

Gods, was one such place. American Indians were the first known inhabitants in the Pikes Peak area. The Ute Indians' oral history says that Utes have always lived in the Colorado Springs area. It's also known that Kiowa, Apache, Cheyenne, Arapaho, Pawnee, Comanche and hunting bands from other tribes spent time in this area.

An American Indian area at Rock Ledge Ranch helps visitors learn about area Indian history from 1775 to 1835.

American Indian interpreters talk with ranch visitors about Indian culture and traditions.

The pioneer homestead area focuses on the next area occupied at the site. Walter Galloway homesteaded 160-acres on the grounds of what is now Rock Ledge Ranch in 1867. Galloway lived there for several years, occupying a cabin he built. A reconstructed cabin at the original site is open to visitors. Interpreters perform chores typical of the 1860s and talk with visitors about what life was like then.

Robert and Elsie Chambers were the next inhabitants on the ranch. They bought Galloway's property and started a farm. The Chambers grew vegetables and planted fruit bushes and cherry and apple trees. The farm was quite successful; they sold their fruits and vegetables to local citizens.

The Chambers built a ranch house and named it "Rock Ledge." It is still on the property and open to visitors. Costumed interpreters demonstrate the life the Chambers lived in the 1880s.

Eventually the Chambers sold the farm to Palmer, whose mansion was just a few miles away. When Palmer was paralyzed after being thrown from a horse, he had a house built in 1907 for his sister-in-law and her family. Charlotte Schlater and her family moved to the house in order to oversee Palmer's care.

Known as the Orchard House, it had many modern conveniences for its time, including electricity and steam heat. The house is open to visitors for

See **Rock Ledge** on Page 40



The Rock Ledge Ranch house was built by the Chambers family in the 1880s.



The Orchard House on Rock Ledge Ranch was built in 1907.

## Just the Facts

- **Travel time:** 25 minutes
- **For ages:** all
- **Type:** historic site
- **Fun factor:** ★★★★★  
(Out of 5 stars)
- **Wallet damage:** \$  
\$ = Less than \$20  
\$\$ = \$21 to \$40  
\$\$\$ = \$41 to \$60  
\$\$\$\$ = \$61 to \$80  
(Based on a family of four)

Fall  
to  
open  
ings



Places to see in the  
Pikes Peak area.

**June 1, 2007**



## Rock Ledge

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tours. During the house's 100th anniversary year, the second and third floors are undergoing restoration. Previously, only the first floor had been restored and was open to visitors. When the restoration is complete, all floors will be open to visitors.

Rock Ledge Ranch is on the National Register of Historic Places. The 277-acre ranch is owned and operated by the City of Colorado Springs.

A volunteer support group, the Living History Association, assists in running the ranch. Volunteers and park employees play roles in each historic area.

The ranch has a large barn and barnyard, which is home to cows, horses and other farm animals. A blacksmith works in a shop near the Orchard House.

Sarsaparilla, root beer and other cold drinks are sold at the store. There are Victorian-style cards and gifts, as well as old-fashioned candy. The store has a selection of local history books.

Other than snack items in the

country store, food isn't sold at Rock Ledge Ranch except during special events.

Rock Ledge Historic Site opens Saturday, with a sheep-shearing event.

Rock Ledge Ranch's hours are 10 a.m.-5 p.m., Wednesday-Sunday through Labor Day.

Other events celebrated at the ranch include an old-fashioned Fourth of July, which includes speeches, hot dogs and old fashioned games. Soldiers and their families are admitted free that day.

The ranch celebrates Labor Day with an annual vintage baseball game, along with hot dogs and activities.

The popular annual Folk Art Festival will be Sept. 14-16. One of the largest fests in the Colorado Springs area, the Folk Art Fest features dozens of vendors selling clothing, jewelry, weather vanes, handbags, art, paintings, handcrafts, folk art, antiques and festival foods; there is an admission charge.

Two free concerts will be at Rock Ledge Ranch: July 14 and Aug. 4 at 7 p.m.



*The store features old-fashioned gifts, candy and soft drinks.*

Birthdays parties can be held at Rock Ledge Ranch; call 578-6777 to make arrangements. Parties include admission to the ranch, old-fashioned refreshments and a horse-drawn wagon ride.

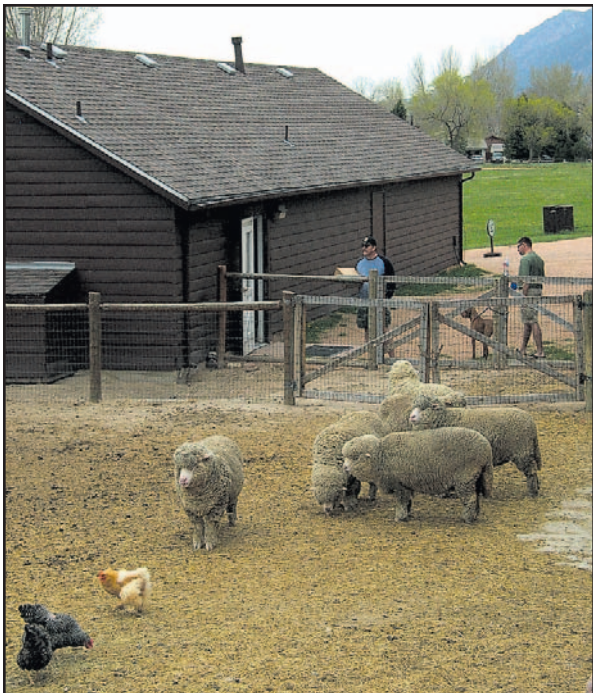
After Labor Day, Rock Ledge Ranch is open only during special events.

Admission to Rock Ledge Ranch Historic Site is \$6 for adults, \$4 for ages 13-18 and \$2

for children ages 6 to 12. Children under 6 are admitted free.

To reach Rock Ledge Ranch from Fort Carson, take Interstate 25 north to Garden of the Gods Road, heading west. Take a left on 30th Street, and follow the signs. The ranch is next to the entrance to Garden of the Gods, across the street from Garden of the Gods Visitor Center.

There's free parking.



*Sheep and chickens are in the barnyard at Rock Ledge Ranch.*



*A costumed farm worker and a volunteer plant trees on Arbor Day.*



*A role player uses the kitchen stove at Rock Ledge house.*



*The blacksmith shapes a hot piece of metal in the blacksmith shop at Rock Ledge Ranch.*



*Farm animals are in the barnyard at Rock Ledge Ranch.*



## Get Out!

### New state park

**Looking for a new place to hike or picnic?** Cheyenne Mountain State Park, just across Highway 115 from Fort Carson's main gate, is open Saturdays and Sundays, from 7 a.m.-8 p.m. for hiking and picnicking. Work is under way on campgrounds, landscaping, a visitor center and rest rooms. Use fee at Colorado State Parks is \$5 for a day pass or \$55 for an annual pass that can be used at any Colorado State Park.

### Family Carnival

**Family carnival night is June 15, 5-8 p.m.,** at the Elkhorn. Admission is \$8.95 for anyone older than 12, and \$4 for ages 6-11. Children 5 and under are admitted free. Activities include a buffet, pony rides, face painting, games, balloon art, a magician and clowns. For information call 576-6646.

### Uncle Wilber's fountain

**Uncle Wilber's fountain is now open.** The fountain has water features and an animated centerpiece and is located in Acacia Park, near the corner of Platte Avenue and Bijou Street.

### The circus is coming

**The Ringling Bros. and Barnum & Bailey Bellobration** is in the World Arena June 13-17. This extravaganza includes

exotic animals, such as white tigers, stunts, high-wire artists, trapeze acts and clowns. Military ticket prices are \$10-\$17; call 477-2116 for information.

### Flying W Ranch

**The Flying W Ranch serves chuckwagon suppers daily** through September. The family-friendly event includes a visit to the Western town, barbecue beef or chicken and all the trimmings, followed by Western music performed by the Flying W Wranglers. Adults pay \$19.50, children \$9.50, which includes tax and tip, and 2 and under are free. Go online to [www.flyingw.com](http://www.flyingw.com) or call 598-4000. The Flying W is at 3330 Chuckwagon Road.

### Buell Children's Museum

**Pueblo's Buell Children's Museum opens its new exhibit "Jump to Japan: Discovering Culture through Popular Art."** It opens Saturday at the museum at 210 N. Santa Fe. Children will explore feature film animation, Japanese comics, woodblock printing and scrolls. Admission is \$4 for adults and \$3 for children. Hours are Tuesdays through Saturdays, 11 a.m.-4 p.m.

### White-water rafting

**It's time to sign up for a white-water rafting trip with Outdoor Recreation Center,** call 526-5366. Half-day trips are scheduled Wednesdays through Sundays through Aug. 17. The trips are on the Arkansas River, and rafters experience levels I, II and III water rapids. No experience is

necessary — participants must be able to swim and weigh at least 50 pounds. The cost is \$35 per person. Organize a group trip of five or more and get a discount.

### Bluegrass fest

**Bluegrass on the River is an annual fest at the Pueblo Greenway and Nature Center today through Sunday.** Festivities are 7-10 p.m. today, 10 a.m.-11 p.m. Saturday and 10 a.m.-6 p.m. Sunday. There are two stages with performers such as Hickory Project, Sons & Brothers, Fireweed, Bluegrass Patriots, Palmer Divide, High Plains Traditions, Elliott's Ramblers, High Atmosphere, Horsetooth Mountain Rangers, Raising Cain, the Stanleytones and many more. An adult weekend ticket is \$25; or buy a \$6 ticket for Friday, a \$15 ticket for all day Saturday or a \$12 ticket for Sunday. A weekend ticket for children 12 and older is \$3 or \$2 for a single day ticket. Camping is available. The fest is at 5200 Nature Center Road. Take Interstate 25 to Pueblo, then Highway 50 west to Pueblo Boulevard; go south to Nature Center Road. Call (719) 549-2414 for information.

### Pikes Peak Arts Fest

**The second annual Pikes Peak Arts Fest** is on the grounds of the Pikes Peak Center, 190 S. Cascade Ave., at the corner of Cascade and Colorado avenues in downtown Colorado Springs June 9-11. June 9 activities are from 4-7:30 p.m. with entertainment. June 10-11 the fest is 10 a.m.-6 p.m. There are activities for children, along with live music and entertainment.

Compiled by Nel Lampe



## Happenings



Courtesy photo

### Jump to Japan

Children learn about animation at Buell Children's Museum's new exhibit "Jump to Japan: Discovering Culture through Popular Art." The exhibit explores feature film animation, Japanese comics, woodblock printing and scrolls. Admission is \$4 for adults and \$3 for children. Hours are Tuesdays-Saturdays, 11 a.m.-4 p.m. at the museum at 210 N. Santa Fe. The museum is in downtown Pueblo.

## Pvt. Hazard

by James Boroch

